

Texas Takedown Wrestling Club

Where: Cypress Woods High School, 3rd Gym

When: Mondays & Wednesdays starting Monday, March 22nd

Time: 4:30 to 7:00 p.m.

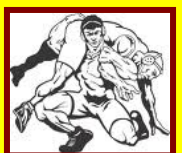
Equipment: Provide your own shorts, t-shirt, headgear, & wrestling shoes

Cost: All wrestlers must have a current USA Wrestling card. Cards can be purchased at txusaw.com for \$40. USA Wrestling cards are needed to compete in all USA Wrestling sponsored tournaments. Wrestling instruction is **FREE!!!**

Ages: Elementary, Junior High, & High School. All ages are encouraged to attend.

Club Staff: Coach White & the Cy Woods Wrestlers. Guest Staff will make appearances periodically in the spring & summer.

Contact Info: michael.white@cfisd.net
cwwrestling.wikispaces.com



Freestyle Clinic

Wednesday, March 24th

Must have current USA card to attend

Guest Technician-Bill Durning

1991 Team U.S.A. Freestyle Team Member

Team Foxcatcher Team Member (Olympic Training Center)

Screaming Eagles Team Member

2000 AAU Folk Style National Runner-up

Head Coach Team Texas Freestyle Team

Head Coach Bellaire High School

Coach Durning is currently the Head Free-Style Wrestling Coach for Team Texas. He is a PA native who was an Olympic Training Center, Team Foxcatcher Team Member. He was a student under the late Dave Schultz and Valentin Dimitrov Jordanov of Bulgaria. Bill has wrestled internationally in Bulgaria, The Former Soviet Union and The Czech Republic. Bill has an immense arsenal of techniques. His specialty is the top position. Bill has coached PA, MD and TX State Champions in all 3 wrestling styles (Folk Style, Freestyle and Greco) as well as Fargo All-Americans and National Champions.



Coach Durning with 3 time Texas State Champ Erik Spjut

